Amendments to the Abstract

Please add the following Abstract to this application.

-- There is provided a video message system that includes a video display (115), a frame (105), and at least one video camera (110). The video display (115), which has a fixed position, plays back a video portion of a video message from a user. The frame (105)-frames the video display. The at least one video camera (110)-is disposed on the frame, and is oriented in the same direction as the video display (115), for capturing video data of the user for inclusion in the video portion of the video message. --